

**Senior Advisory Committee  
Tuesday, June 16, 2015  
Town Hall, Old Town Road  
9:30 a.m.**

Present: Co-Chairs Sandra Kelly and Gail Pierce, Members - Sandra Hopf, Linda Spak, Dorothy Graham, Ann Henault and Betsey DeMaggio. Also present were Senior Coordinator Anna Christina Rogers and, for the recording of minutes, Millie McGinnes. Members Deborah Martin and Susie Wright were absent.

The meeting was called to order by Co-Chair Gail Pierce at 9:31 a.m.

Ms. Spak moved to amend the agenda to have Item # 6 addressed at the beginning of the agenda. Ms. Hopf seconded the motion and it carried.

Ayes 6 (Pierce, DeMaggio, Graham, Hopf, Henault, Spak)                      Nays 0  
Absent 3 (Kelly, Wright, Martin)

**6. Discussion with Sven Risom re: local space for exercise**

Ms. Kelly joined the meeting at 9:36 a.m. and took over as Chair of the meeting.

Sven Risom was present representing the Town's Large Capital Asset Subcommittee (LCAS). He explained that the LCAS goals include examining the Town's properties and buildings and in relation, assess their conditions, define the needs of the community, and maximum the properties uses. He noted that a major community need includes a place for physical therapy, rehab and exercise. Mr. Risom noted further that the Medical Center's basement is underutilized and may prove to be a workable space for such. He explained that the LCAS would be asking that the Town Council put together a task force to promote the project in hopes for completion in 2016.

The Senior Advisory members and coordinator expressed their support of the project and thanked Mr. Risom for attending.

**1. Approve minutes of meeting May 19, 2015**

Ms. Pierce moved to approve the minutes of May 19, 2015. Ms. DeMaggio seconded the motion and it carried.

Ayes 7 (Kelly, Pierce, DeMaggio, Graham, Hopf, Henault, Spak)                      Nays 0  
Absent 2 (Wright, Martin)

**2. Receive Report of Senior Coordinator Anna Christina Rogers**

Senior Coordinator Rogers was present and reported the following:

- The AARP Driving Course was well attended with 20 participants. She will look into hosting another in the fall or next spring.
- Kerri Spier will be hosting a caregiver support group every other Friday at 4:00 p.m. this summer, beginning June 19<sup>th</sup>.
- The Tai Chi class was extremely popular, with 35 attendees. Two classes, a seated and a standing class, will be held every other Wednesday throughout the summer

- Ms. Rogers will continue to reach out to contacts and try to improve the level of support Block Island receives from South County Community Action.
- A presentation by Kathleen Doyle MD, a doctor of palliative care, is being arranged.
- Ms. Rogers is working with the Arthritis Foundation to organize a presentation.
- Ms. Rogers has been working on alternative funding avenues for programming including working with the Town's grant writer, reaching out to the Roosa Foundation and discussions with the Recreation Director.

3. **Discuss and allocate funds for Physical therapist to lead Tai Chi: Tom Hobins**
4. **Discuss and allocate funds for strength and balance training classes: Annie Varca, Senior Advocate, Personal trainer, senior fitness instructor**
5. **Discuss and allocate funds for caregiver support program, proper body mechanics: Annie Varca**

A lengthy discussion ensued regarding funding. It was noted that there is \$1,500 left in the fiscal year 2015 budget, leaving about \$900 after payroll.

Ms. Spak moved to allocate the residual FY 2015 funds to three sessions of strength/balance training classes with Annie Varca and the balance to Tom Hobbins for Tai Chi classes. Ms. Pierce seconded the motion and it carried.

Ayes 7 (Kelly, Pierce, DeMaggio, Graham, Hopf, Henault, Spak)

Nays 0

Absent 2 (Wright, Martin)

7. **Discuss and act on reallocating unexpended FY 2015 funds to the FY 2016 budget**

No action was taken on this item.

8. **Discuss and act on Life Line**

Ms. Spak explained that Life Line Screening has come to the island in the past to offer cardiac health screening and it might be useful to do again. Ms. Spak volunteered to contact the Medical Center to see if they would be interested in initiating a Life Line Screening day.

9. **Revisit needs for handicapped access: Parking, restaurants, beach access**

Discussion ensued regarding handicap parking limitations at the Post Office and the ferry parking lot. Ms. Hopf noted that she would like to see decking along the side of the beach house to aid in access.

Ms. Hopf volunteered to contact the Governor's Office on Disabilities to gather information regarding accessibility issues.

10. **Update on activities:**

- A. **BIBB**

Ms. Kelly reported that there are 688 members of the Bulletin Board and 4,581 messages have been distributed.

- B. **Soup Group**

Ms. Pierce noted that Soup Group has had an average of 12 participants. They are looking for more volunteers to make soup and desserts.

**C. Lunch Bunch**

Ms. Kelly gave an end of the year Lunch Bunch report, noting they served 32 weeks, serving an average of 22 people. 11 volunteers provided a minimum of two volunteer hours per week. The report is attached.

**D. Chair Aerobics**

It was noted that Chair Aerobics continues on Tuesdays and Fridays from 10:30 – 11:00.

**The next meeting will be Tuesday, July 21, 2015**

With no further business to discuss Ms. Graham moved to adjourn at 11:11 a.m. The motion was seconded by Ms. Kelly and carried unanimously.

Millie McGinnes  
Deputy Town Clerk

Minutes approved: July 21, 2015